



NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
JOINT FORCE HEADQUARTERS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-5606

ARMY BULLETIN NO. 8

8 March 2006

**TY-06 AGR ARMY PHYSICAL FITNESS TEST (APFT) AND WEIGH-IN SCHEDULE
UPDATE (CHANGES IN BOLD) (J1)**

1. References:

- a. AR 600-9, The Army Weight Control Program, 10 Jun 87.
- b. FM 21-20, Physical Fitness Training, 30 Sep 92.
- c. Army Bulletin No. 32, JFHQ-NJ, J1, 31 Aug 05, subject: AGR Army Physical Fitness Test (APFT) And Weigh-In Schedule.
- d. AR 350-1, Army Training and Education, 13 Jan 06.
- e. AR 40-501, Standards of Medical Fitness, Chapter 7, 16 Feb 06.

2. The AGR APFT and weigh-in will be conducted IAW the following schedule during TY-06:

1 April 2006 – Semi-Annual (JFHQ only)
Spring 2006 Dates TBP– Semi-Annual (MSCs/RRC)
Summer 2006 Dates TBP – Make-up (All)

3. MSCs and RRC are responsible for conducting their **spring 2006 semi-annual APFT, weigh-in and summer 2006 Make-up APFT**. MSCs and RRC will submit their spring/summer 2006 AGR APFT schedule to the CofS, **NLT 15 MAR 06**.

4. Administrative Requirements for each MSC and RRC:

- a. A roster of all AGR personnel to be tested (See format in enclosure) will be forwarded to JFHQ-NJ, ATTN: J1 - AGR Manager, NLT 15 days prior to scheduled APFT.
- b. Temporary and/or permanent profiles will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. **MSCs and RRC will track profiles. J1-HRO retains copies of profiles and the DA Form 705 for each AGR soldier.**
- c. All MSCs and RRC will record all APFT and weigh-in results on Blank DA Form 705 and DA Form 5500/5501-R (as required). **Battalion Commanders will sign all DA Form 705 Cards. MSCs/RRC will submit original documents to J1-AGR to be attached to the Permanent 705 Card kept on file. MSCs/RRC will submit to J1-AGR a spreadsheet with the results of the APFT, J1-AGR will verify the data and submit to G1-Army. MSCs and RRC will take appropriate flagging actions on those soldiers who fail the APFT or weigh-in.**

d. **The course used for the 2-mile run or alternate aerobic event must be in accordance with FM 21-20. It is anticipated that the IG will observe your training.**

5. IAW the Personnel Policy Guidance (PPG), APFT guidance for redeploying soldiers is as follows:

a. Redeploying AGR soldiers have 90 days after REFRAD before they are required to take an APFT.

b. Soldiers have the option to test within the 90-day timeframe for EPS points, school attendance, boards, promotions, etc.

6. Uniform:

a. The only authorized uniform is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The new Physical Fitness Uniform (IPFU) is the only authorized uniform. No elements of the PFU (old) are authorized for wear with the IPFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, and gray or black biking shorts, which may be worn under the IPFU shorts.

b. Headphones are not authorized during the conduct of the test.

7. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:



STEPHEN J. HINES
COL, GS, NJARNG
Chief of Staff

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Major General, NJARNG
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AGR APFT ROSTER
(Unit/Staff Section)

| RANK | NAME | UNIT | APFT Events | | | Alternate Aerobic Event & Profile Info |
|------|------------------|---------------|-------------|----|-----|---|
| | | | PU | SU | Run | |
| SGT | DOE, JOHN | CO C 2/113 | X | X | X | |
| CPT | DOE, JAMES | CO C 250 SIG | X | X | | Bike (Track)-Age 56 |
| SFC | SMITH, ALLEN | 2-102 AR | X | X | | Perm Profile (12 Jan 1999) |
| 2LT | JONES, WILLIAM | HHC 5-117 CAV | | | | Temp Profile (Exp 20 Oct 02) |
| SSG | KIDDEN, U. GOTTA | 3-112 FA | X | X | | Bike (Stationary)-Perm Profile |
| MAJ | MAJOR, MAJOR | 1-114 IN | X | | | Walk-Perm Profile (27 Oct 00) |
| SSG | O'DOLLY, HILL | CO C 2/113 | X | X | X | |

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)

Encl